

Silver Threads-May 2025

Crawford Senior Center
108 Wayah Street
Franklin, NC 28734

(828) 349-2058

(828) 369-0160 Fax (828) 349-0211

www.maconnc.org

Community Resource Center



Meet your Advisory Committee Team

Diamond Art Class

May 7
12:30

Craft Class

May 14
12:30

Greeting Card Class

May 23
12:30

Wind Chime Class

May 28
12:30

Call 828-349-2058 ext 0



Senior Center will be
closed for
Memorial Day, May 26



Presents

Know the difference
between Palliative
Care and Hospice

May 15
12:30 PM



Presents

Pelvic Health

Learn exercises on how to
stretch your pelvic
muscles to improve
their coordination

May 28
12:00



Presents

Understanding Advanced
Directives

Learn how to prepare for
future decisions about your
medical care if you become
seriously ill

May 6
9:30

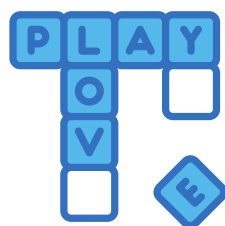
Appalachian Women's Museum and Lunch in Dillsboro
May 29

Registration begins on May 13 at 10:00. Must register in person. Please bring a \$5 donation for transportation and have exact change to reserve your spot.



Senior Center
Talent show coming
in June

Start Practicing!



Let's play Scrabble!

May 9
12:30

Make-Up Tips for
Mature Women with
Chelle



May 12
3:00

Call 828-349-2058 ext. 0



MemoryCare
Caregiver
College

May 27
9:00

Call 828-349-2058 ext. 0



Please join us for a fun
filled Bible Study
based on The Andy
Griffith Show starting
Friday, May 2 at 10:00
with Pastor Glenn



Snacks will be
provided

Partnering to promote, protect, and strengthen our community

May 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals come with milk</p> 	<p>Drink vitamin D-fortified low-fat or fat-free milk; milk products; or nondairy soy, almond, rice, or other drinks with added vitamin D and calcium to help keep your bones strong.</p>		<p>1 Breakfast Ham and Egg Casserole Sliced Tomatoes Spiced Peaches Biscuit Sausage Gravy Orange Juice</p>	<p>2 Hotdog w/Bun Chili Oven Baked Fries Coleslaw Marshmallow Fluff</p>
<p>5 Chicken Taco Casserole Corn Green Beans Cornbread Pineapple Upside Cake</p>	<p>6 Penne Rustica Zucchini/Squash/Onions Salad with Dressing Garlic Bread Stick Cherry Cobbler</p>	<p>7 Meatloaf Mashed Potatoes Gravy Mixed Vegetables Biscuit Apple Pie</p>	<p>8 Tuna Salad w/Croissant Lettuce and Tomato Italian Cucumber Onion Salad Strawberries</p>	<p>9 Sausage and Rice Casserole Baby Limas Roll Peach Shortcake</p>
<p>12 Chicken Pot Pie Sautéed Spinach Grapes Roll</p>	<p>13 Easy Beef Burgundy Noodles Glazed Carrots Biscuit Apple</p>	<p>14 Baked Spaghetti Tossed Salad w/Dressing Garlic Toast Pears</p>	<p>15 Turkey Dressing w/Gravy Green Beans Pineapple Chunks Roll</p>	<p>16 Beef Brisket Baked Beans Coleslaw Blackberry Cobbler Roll</p>
<p>19 Ham and Veg Quiche Potato Salad Broccoli Mandarin Oranges Roll</p>	<p>20 Pinto Beans Mac & Cheese Turnip Greens Cornbread Spiced Fruit Vinegar</p>	<p>21 Pork Loin Sauerkraut Roasted Root Vegetables Biscuit Apple Pie</p>	<p>22 Baked Potato Broccoli and Cheese Ham Sour Cream Roll Brownie</p>	<p>23 BBQ Chicken w/Sauce Parsley New Potatoes Green Peas Coleslaw Cake w/Vanilla Icing</p>
<p>26 Closed for Memorial Day</p> 	<p>27 Hamburger w/Bun Lettuce, Tomato Potato Wedges Baked Beans Watermelon</p>	<p>28 Parmesan Baked Chicken Potato Casserole Marinated Cucumbers, Tomatoes, Onions Cantaloupe Roll</p>	<p>29 Beef Tips w/Gravy Rice Roasted Carrots Zucchini/Squash/Onion Roll Lemon Pie</p>	<p>30 BBQ Pork w/Bun Baked Sweet Potato Coleslaw Lemon Bar Orange Juice</p>

Please call 828-349-2058 ext. 0 by 11:30 the day before for reservations or cancellations

Everyday May Activity Page

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-Yoga with Terry (Z) (CB) 11:00-Tai Chi (Z) 11:00-Innersize (CB) 12:00-Simple Effective (SC) 1:00-Bridge (SC) 1:00-Tai Chi (SC) (Z) 1:00- Walking (CB) 2:00-Chair Yoga (SC) 3:00-Chair Volleyball (SC)	9:00-Conditioning (SC) 10:00 Chair Yoga w/ Jamie (SC) 10:00 Outdoor Tai Chi (TS) 12:15-Let's Sing (SC) 12:30-Mahjong (SC) 1:00-Seated Tai Chi (SC) 2:15-Zumba Gold (SC) 3:15 Chair Volleyball (SC)	11:00-Tai Chi (Z) 11:00-Gentle Yoga (CB) 1:00-Pinochle (SC) 1:00-Tai Chi (SC) (Z) 1:00-Walking (CB) 3:00-Chair Volleyball (SC)	10:00 Chair Yoga with Jamie (SC) 1:00-Seated Tai Chi (SC) 2:00-Chair Yoga (SC) 3:00-Chair Volleyball (SC)	9:00-Conditioning (SC) 12:00-Simple Exercise (SC) 1:00-Kings Row (SC) 1:00-Walking (CB) 1:00-Qigong(SC) 1:00-Tai Chi (Z) 2:00-Discover Mindfulness (SC)

May Special Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SC - Senior Center CB- Community Building Z- Zoom TS-Tassee Shelter Greenway		 <p>Senior Center Talent show coming in June. Start practicing.</p>	1 Dementia Support Group 2:30 (SC)	2 Bible Study 10:00 (SC)
5	6 Understanding Advanced Directives 9:30 (SC) Chronic Pain Self Management 1:00 (SC)	7 Diamond Art 12:30 (SC)	8	9 Bible Study 10:00 (SC) Let's Play Scrabble! 12:30 (SC)
12 Make Up tips for Mature Women 3:00 (SC)	13 Chronic Pain Self Management 1:00 (SC) Trivia 5:00 (SC)	14 Craft Class 12:30 (SC)	15 Know the Difference between Palliative care and Hospice 12:30 (SC)	16 Bible Study 10:00 (SC)
19	20 Bingo 5:00 (SC)	21	22 VIP Support 2:00 (SC)	23 Bible Study 10:00 (SC) Greeting Card Class 12:30 (SC)
26 Closed for Memorial Day 	27 Memory Care Caregiver College 9:00 (SC)	28 Pelvic Health 12:00 (SC) Craft Class Wind Chimes 12:30 (SC)	29 Appalachian Women's Museum Trip	30 Bible Study 10:00 (SC)

Name _____

May Day

s e d t u i m o k d e q
p l a b u o a l k o f s
r u n a w a y s b o l t
i t c s e o d o u r o b
n o i k p r a t u b w e
g o n e m a y q u e e n
h y g t a l p r o l r e
n u g e y o i m r l s t
g o m f p t w i b f u s
r i b b o n s d o i n k
s u h o l i d a y t m z
e c e l e b r a t e r j

basket
doorbell
May Day
ribbons

celebrate
flowers
Maypole
run away

dancing
holiday
May Queen
spring

